

Unity and Diversity within the Buddhist Practice Traditions

An Evening Lecture and One Day Retreat with:



Shinzen Young

Presented by:

Buffalo Mindfulness Community

Location: Daemen College • 4380 Main Street, Amherst, New York
Business Building (Getzville Rd - From Main St, take 2nd Getzville Rd entrance)

Friday, November 19

7:30 pm to 9:00 pm (doors open at 7:00 pm) – Shinzen will offer a public talk on how enlightenment is pursued in the 3 major forms of Buddhist meditation: Vipassana (also known as mindfulness or insight meditation), Zen and Vajrayana.

Saturday, November 20

9:30 am to 5:30 pm (doors open at 9:00 am) – this program will be devoted to meditation practice, primarily based on vipassana or mindfulness meditation. There will be ample time for questions and discussion. Chairs will be provided, people who sit on the floor please bring your own mat and cushion. A simple vegetarian lunch will be provided.

Dana: There will be no required cost to attend the lecture and or retreat. People who attend can support the teacher and sponsors with a donation (dana). For the lecture, a donation of \$10 to \$20 is suggested and for the one day retreat, \$25 to \$50. Your donation will assist the teacher and Buffalo Sangha with continuing to offer authentic Dharma teachings in the Buffalo area.

To register or for more information please call 716-400-5899 or email info@buffalodharma.org

Shinzen Young is an American who has trained extensively in Asian monasteries. A scholar of languages and science, he currently lectures and leads retreats across the United States and Canada. Shinzen's deep understanding of Eastern philosophy and Western sciences gives him a unique approach to teaching Vipassana which is readily accessible to the modern mind.

Please note that Daemen is not a sponsor of this event.

www.BuffaloDharma.org

www.Shinzen.org